

# Thanksgiving Day 5K

November 22, 2018

Location: The Arc of Southern Maryland  
355 West Dares Beach Rd. Prince Frederick, MD

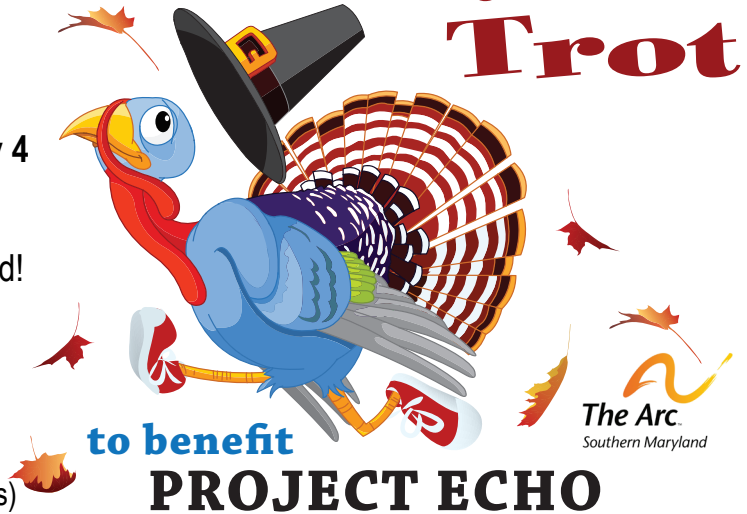
Time: Race starts at 7:00 a.m.  
Same day registration opens at 6:00 a.m.

**Free t-shirt only guaranteed if registered by Nov 4**

Early pick-up for bibs & t-shirts highly recommended!  
Nov 20 - 21 at Project ECHO 12:00 - 6:00 p.m.

Entrance: \$30 "early-bird" through Nov 15  
\$35 Nov 16 - 22  
\$25 kids 12-under (free for babies in strollers)

7th ANNUAL  
5K RUN/WALK  
**Turkey Trot**



Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_

Timed                      Untimed

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Short sleeve t-shirt (free): only Youth    Small    Medium    Large    XLarge    2X    3X (additional \$3)  
guaranteed if registered by **Nov 4th**

Upgrade to long sleeve shirt (**\$18 each**):    Small    Medium    Large    XLarge  
only available if registered by **Nov 4th**

\$30 early bird (by Nov 15)    \$35 race day rate (Nov 16 - 22)    \$25 kids (12 - under)    Registration total \$ \_\_\_\_\_

Check enclosed in the amount of: \$ \_\_\_\_\_ (Made payable to Project ECHO)

Credit Card charge in the amount of: \$ \_\_\_\_\_ Name on Card: \_\_\_\_\_

Card # \_\_\_\_\_ Exp: \_\_\_\_\_ CVV (3 digit code on back) \_\_\_\_\_

Billing zip code: \_\_\_\_\_



**Project ECHO**  
Hope for the Homeless

Thank you for your support! For more information or to register online please visit [www.ProjectECHO.net](http://www.ProjectECHO.net)

Contact us at [ECHOdevelopment@comcast.net](mailto:ECHOdevelopment@comcast.net) or 410-535-0044

Project ECHO is located at 484 Main Street / Mailing address: PO Box 2764 Prince Frederick, MD 20678

I have read and understand the waiver (on the second page) **signed:** \_\_\_\_\_ **dated:** \_\_\_\_\_

## **Project ECHO Turkey Trot 2018 - Waiver and Release of Liability**

I know that running a race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry to participate in the Project ECHO Turkey Trot 2018 (herein after the "Event") to be held on November 22, 2018 in Prince Frederick, MD, I, intending to be legally bound, do hereby for myself, my heirs, my executors and administrators agree as follows:

1. I do waive and forever release any and all rights and claims for any damages and liabilities of any kind arising out of my participation in the Event against all persons, entities and agencies involved with promoting and holding the Event, including but not limited to Project ECHO, the town of Prince Frederick, the race director, sponsors, volunteers and vendors of the event, their agents, successors, representatives and assigns even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.
2. I assume the risk of all bodily injuries, including death, resulting there from, and personal injuries to me and damage to and loss of my property, including loss of use thereof and any other indirect or consequential damages, resulting directly or indirectly, wholly or in part, from my participation in the Event and while traveling to and from the Event.
3. I hereby agree, for myself and/or for a minor under the age of eighteen for whom I am signing, to indemnify, defend, and hold the entities named above harmless from and against any and all claims, liabilities, losses and damages, costs, expenses (including attorney's fees) judgments and penalties arising out of any of my, and or said minors, acts or omissions to act.
4. I understand that the Event reserves the right to use any and all participant's names and/or likeness with regard to promotional and/or advertising materials.
5. I understand that all entry fees are non-refundable.

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Please sign and date on front of registration form